



WELLNESS

@ DICKINSON

2017-2018 Healthy Rewards Activity Tracker



**Remember to Participate in all five areas of Wellbeing!*

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Physical Wellness

Exercise & Fitness sessions:

Dickinson-sponsored programs ~

- Body Blast _____
- Cardio, Tone & Stretch _____
- Dancing at Dickinson _____
- Dynamic Fusion _____
- Fun Run Walk 2018 _____
- Gentle Mindful Yoga _____
- Pound Fitness _____
- Marathon in a Month _____
- Pilates _____
- Power Yoga _____
- Sit Fit _____
- Sports Yoga _____
- Spring Into Fitness _____
- Dickinson Group FitBit Challenge _____
- Transformation Boot Camp _____
- Vinyasa Flow Yoga _____
- Water Aerobics _____
- Yoga (other options offered) _____
- Zumba _____

Kline Fitness Center, Personal Gym Membership or Individual Exercise Program _____

Preventive health screens:

- Annual Physical _____
- Blood Pressure Screenings (quarterly/3 times is recommended) _____

Biometric Screening _____

- Flu Vaccination _____
- Dental Screening _____

Health Risk Assessment _____

- Optional Screening: _____
- Optional Screening: _____
- Optional Screening: _____

Wellness Information Sessions:

- Benefits & Wellness Fair _____
- Sleeping Well to Be Well Info Session _____
- Alzheimer's Disease: What is happening to my Loved One? _____
- Heart Health & Stroke Prevention _____
- Dermatology & Skin Cancer Prevention _____
- Nutrition: Portion Distortion for Dining Services _____
- CPR & First Aid Certification _____
- Diabetes & Digestive Health _____

Breathing a Breath of Fresh Air: Lungs, Asthma & COPD

Back Pain & Sciatica: Oh...My Aching Back!

Musculoskeletal Health: Arthritis, Bones & Joints

Tobacco Cessation Program

Other Wellness Session(s)

Digital Coaching:

Digital Coaching Program(s) with Aetna and/or Health Advocate

Oral Health : The Missing Piece of Total Health (online video)

Health Management Programs

Sadler Health Tobacco Cessation Program

Carlisle UMed Gym Program

Physical Wellness participation completed:

Nutrition

Weight Watchers

or Alternate Weight Management program: _____

Heart Healthy Meal Planning

Go With Your Gut: What to Expect From Your Gut Microbiota

Farm 2 Table Cooking Demonstration

Private or Other Nutrition Counseling Session(s)

Digital Coaching:

Aetna online

Health Advocate online

Nutrition participation completed:

Intellectual Wellness

Select from a variety of programs to earn the 50 point maximum for Intellectual

- Wellness: Clarke Forum for Contemporary Issues program/event _____
- Music, Dance & Theatre event/program _____
- Trout Gallery Event & Exhibition(s) _____
- Management Development Program _____
- CPR, First Aid & AED Training Certification _____
- Fire Extinguisher Training _____
- Emergency Preparedness Training Session _____
- Preparing for a Role in Supervision Series _____
- Protecting Our Community _____
- Media Relations: Faculty Lunch & Learn _____
- Documenting Performance _____
- Book Discussion: Repacking Your Bags Lighten Your Load _____
- Goal Writing _____
- Understanding FERPA _____
- Book Discussion: Getting to the Heart of Interfaith _____
- Book Discussion: Dear Ijeawele, or A Feminist Manifesto... _____
- 7 Habits of Highly Effective People _____
- Update on Employment Compliance _____
- Conflict Skills in the Workplace _____
- Did you really just say that? A faculty & staff lunch workshop _____
- United Way Day of Caring _____
- Blood Drive _____
- Heart Walk _____
- Crohn's & Colitis Walk _____
- Relay for Life _____
- Down on the Farm: Harvesting Dickinson _____
- Other Community/Cultural Enrichment Program/Event _____
- _____ _____
- _____ _____

Intellectual Wellness participation completed: _____

Emotional Wellness

- Mid-Day Meditation _____
- Walking Meditation Labyrinth _____
- Gentle Mindful Yoga _____
- Therapeutic Massage _____
- Demystifying The Mind: Bipolar Disorder & Schizophrenia _____
- Alternative Approaches Wellbeing: Reflexology, Acupuncture... _____
- Inclusivity & Acceptance: Differences, or are we really the same _____
- R.A.I.S.E. – Ready to Advocate for Inclusion Spaces... _____
- Bullying: Identify, Act & Prevent _____

- Other Emotional Wellness Program _____

Digital Coaching

- Aetna topic(s) online _____
- Health Advocate topic(s) online _____

Emotional Wellness participation completed: _____

Financial Wellness

- TIAA Individual Retirement Counseling Session Fidelity _____
- Individual Retirement Counseling Session Private _____
- Individual Retirement Counseling Session TIAA: Saving _____
- for your Ideal Retirement _____
- Caring for an Aging Parent _____
- CyberSecurity&IdentityTheftPrevention _____
- Medicare 101 _____
- Charting Your Course: A Financial Guide for Women _____
- Budgeting for your Home Life _____
- United Concordia: How to be a Smart Dental Consumer _____
- Aetna Individual Consultations _____
- College Prep for Parents _____
- Other Financial Wellness Info Session _____

Digital Coaching

- TIAA – Managing Debt & Income _____

Financial Wellness participation completed: _____